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MART120-50

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Your Mindset Score is 59 What the Scores Mean:

45-60 YOUR RESULTS SUGGEST A STRONG GROWTH MINDSET.

34-44 YOUR RESULTS SUGGEST A GROWTH MINDSET BUT WITH SOME FIXED IDEAS.

21-33 YOUR RESULTS SUGGEST A FIXED MINDSET, BUT WITH SOME GROWTH IDEAS.

0-20 YOUR RESULTS SUGGEST A STRONG FIXED MINDSET.

MORE ABOUT MINDSET:

QUIZ: HAVE YOU GOT A PLAYFUL MINDSET?

DO YOU HAVE A GROWTH MINDSET?

VIDEO: DEVELOPING A GROWTH MINDSET

Mindset

Mindset is something I have been deliberately cultivating for the better part of a decade now. The reason for this is personal, so I apologize in advance for the vague and abstract language I'm about to use. The concept is imperative, but I do not want to reveal too much about myself.

An exceptional amount of struggle and anomalous circumstances led me to completely changing my life. As a teen, I was very rigid and very self-destructive. I unknowingly followed a path in life that was surely leading me to an untimely end. By the fortuitous ways of the universe, I was completely thrown from that path. My health took a sudden turn for the worse. The terror that had pushed me onto this path of ignorance and destruction made one final attempt on my existence. I was stripped of nearly everything: family, friends, emotion,

cognition, autonomy. I was completely defeated with no hope of returning to society. Much like Mr. Pausch, I was placed in a position where my mortality became abundantly clear. Life is a temporary experience. So, if I wanted to continue, I had to get my affairs in order. While lying in a hospital bed, staring at the ceiling, I decided - without recourse - that I would find what this life was for. I was going to find what it was made of, and I was going to do it the right way. After years of pursuing that cause, my mindset shifted from what was probably a score of 0 on the scale to the 59 that it is now.